MILIMHO

Serving the men and women of Fighter Country

Luke Air Force Base, Ariz.

19th AF commander visits Team Luke

By Maj. Derek Kaufman 56th Fighter Wing Public Affairs

A smile tells a lot about a person and speaks volumes about a base. That was one observation the 19th Air Force

"You have

redefined

taken flight

training to

levels of

teamwork and

unprecedented

Maj. Gen. Steven Polk

19th Air Force commander

success and

creativity."

commander made at the conclusion of a tour of Luke and the nation's largest fighter wing May 8 through 10.

Maj. Gen. Steven Polk and his wife Henrietta returned to the 56th Fighter Wing for a first-hand look at Luke's people, mission and facilities.

"I see a lot of positives," Polk said. "I see a base that looks great and the people look great. Whenever you see a smile on people's faces and

they look sharp and act like you would expect them to, it usually means you have good leadership up and down the lines"

The Polks' visit was a homecoming of sorts. Polk attended Arizona State

University in Tempe, earning a master's degree in engineering in 1974. He returned to Luke in 1990 when the base was home to an air division and two tactical training wing's, including the 58th TTW, which he commanded

until the units combined in 1991 and Polk was named commander of the 58th Operations Group.

The base has seen a few changes since then, notably the departure of F-15s and the addition of a significant portion of the Air Force's activeduty F-16 fleet.

In addition to new and refurbished facilities, many which were only in the planning stages during Polk's tenure at Luke, the general saw examples of recent Air

Force quality-of-life investments, ranging from camelback-style hydration systems worn by maintainers to sun shades for F-16s on the flightline to help airmen beat the summer heat.

Some changes bear close watching,



Staff Sqt. James Hart

Master Sgt. Frank Mason, 56th Equipment Maintenance Squadron aircraft structural maintenance NCO in charge, explains to Maj. Gen. Steven Polk, 19th Air Force commander, how emissions for the corrosion facility are monitored.

according to Polk. One is urban encroachment around Luke.

"There certainly are a lot more homes near the base and in our traffic pattern," Polk said. "Luke is very important to the Air Force and to Arizona, so we must continue the community dialogue so that we can meet the needs of citizens as well as national security.

"Nothing remains static," Polk said.

"An essential element of change is to invest in and adapt to new technologies, and you've done that here at

_See Polk, Page 5

Safety Day today

The 56th Fighter Wing suspends flying operations today to raise Team Luke's safety awareness level.

Col. Steve Sargeant, 56th Fighter Wing commander, will kick off the day leading a 5K fun run at 6:30 a.m. It is mandatory for all military members except mission-essential personnel and those medically excused. To accomodate the run, which starts at the fitness center, the south gate will be closed from 6 to 8 a.m. Those who prefer may chose a 1.5-mile walk in lieu of the run.

Units will begin their safety sessions with a videotaped safety briefing by Sargeant. It also airs on the Commander's Access Channel at 8 a.m. and 1 p.m. and is available on the Luke Intranet.

Operational risk management assessments and "101 Critical Days of Summer" briefings will be conducted. The campaign begins May 26 and ends Sept. 4.

The wing safety office will conduct a 90-minute safe drivers' course to boost defensive driving skills at 10~a.m. in the base theater and 2:30~p.m. in the wing safety conference room, Bldg. 470. The course is mandatory for all active-duty members under age 26. Seating for the afternoon session is limited to 60.

Wing safety will also conduct a mandatory motorcycle safety briefing for all Luke cyclists at 9:30 and 11 a.m., and 1 p.m. in the safety conference room.

The weapons safety office will conduct explosives demonstrations at 9:30 a.m., 10:30 a.m. and 1 p.m. on the asphalt pad near the fire department to give people who work around munitions a better understanding of the dangers.

Mothers Against Drunk Driving will host a 90-minute panel discussion at noon and 2 p.m. in the community center to discuss how lives are affected by drunk drivers.

All pilots must attend a mandatory flight safety meeting at 1 p.m. in the base theater. Sargeant and Col. William Louisell, 56th Operations Group commander, will lead the meeting.

AF streamlines commitments; creates easier, equitable system

WASHINGTON (AFPN) — In response to concerns from the field, Air Force leaders have simplified and standardized the active-duty service commitment policy, making it less cumbersome and easier to understand.

Secretary of the Air Force Whit Peters and Air Force Chief of Staff Gen. Michael Ryan approved the new ADSC plan.

"The new ADSC Air Force instruction and tables are simple and easy to understand," Peters said. "But, more importantly, they are designed to be fair to the individual service member. This is simply the right thing to do. Nothing can be more devastating in my mind than not treating people fairly."

The revision comes after a month-long review by an integrated process team appointed by the secretary and chief to fix the ADSC problems. Led by Lt. Gen. Roger DeKok, deputy chief of staff for plans and programs, the team was tasked to come up with a plan to simplify and standardize ADSCs.

"Our guidance to the IPT was simple," Ryan said. "Create an easily understood program that is fair and equitable to the Air Force and its members."

During review of the existing program, the team found the rules and tables governing ADSCs to be complex and ambiguous, often contributing to incorrect documentation. The new program lets airmen plan their careers while allowing the Air Force to manage force requirements.

"We took the ADSC AFI (Air Force Instruction) from 15 tables and 189 rules down to only two tables and 34 rules," DeKok said. "Our primary premise was simplicity.

"The ADSC program, however, should also not nickel-and-dime our troops for service owed, but rather be a tool that shows a mutual faith and trust for our service to our country," he added. "The new program puts the trust back where it belongs — in our people."

The major changes hit three primary areas: advanced

flying training, education and training, and promotions.

Changes to flying training include standardized pilot commitments of 10 years — regardless of weapon system or major command — and eliminating ADSCs for in-unit training.

Additionally, 95 percent of education and training ADSCs were eliminated for courses under 20 weeks. This involved approximately 5,600 courses. ADSCs will also move to a standardized three years for all courses longer than 20 weeks. This includes Air Force Institute of Technology master's degree programs. AFIT doctorate programs will stabilize at a five-year commitment and ADSCs will be eliminated for Squadron Officer School.

Federal statutes govern time-in-grade retirement requirements for senior officers. Given these statutory mandates for officer retirements, the previous two-year ADSC associated with promotions for major through colonel was not needed and has been eliminated.

Given the absence of comparable statutory restrictions on enlisted time-in-grade retirement requirements, and Defense Department regulatory requirements that senior NCO promotions carry an ADSC, the two year ADSC remains for promotions to E-7, E-8 and E-9.

Air Force members will maintain their current ADSCs—as reflected on the signed Air Force Forms 63 in their personnel files. When the new AFI goes into effect June 1, airmen will move under the new rules as they sign new ADSC commitments. This will primarily occur as people undergo a permanent change of station or attend extensive training.

For those who feel an injustice has been done in the past or in the way the new rules are being implemented, the Air Force Personnel Center commander has been given wide latitude to grant relief.

The new ADSC tables are available online at the AFPC Web site.

Action Line



Col. Steve Sargeant 56th FW commander

The 56th Fighter Wing Commander's Action Line is your direct line to me. I get personally involved in every reply. Your ideas and concerns help build a stronger foundation on which we can successfully complete our mission and take care of our

Before you call the Action Line though, give Luke's professional experts a chance to answer your

question in concert with your unit chain of command. If the appropriate official is unable to provide a satisfactory response, call me at 856-7011 or send an e-mail to command. actionline@luke.af.mil. Please include your name and telephone number so I can provide a personal reply to your concern. Together we can make Luke a better place to live and work.

Who to call:	
856-6149	
935-4652	
935-3821	
856-9100	
856-6901	
856-5970	
856-7643	
856-7028	
856-7874	
856-7231	

Preschool tour question

Comment: My preschool class has several military dependents and would like to visit the base. I requested a base tour from public affairs and was turned down. Why was I turned down?

Response: PA conducted more than 170 tours to some 5,000 visitors in 1999. Unfortunately the base doesn't have the resources to provide tours for everyone, including preschool groups. PA has established a priority system in scheduling tours with recruiting and community awareness being at the top.

Unfortunately, children who aren't old enough to think of the Air Force as a career are not a priority -our tours are designed for children above age 12 and we have a very limited cadre of volunteers to assist with youth tours. However, you can ask Team Luke parents of your preschoolers to escort your group for a tour. PA is happy to provide

them suggestions and technical ^{assistance.} e-mail:



command.actionline @luke.af.mil or call, 856-7011

ADSCs put people first By Whit Peters and Gen. Michael E. Ryan

tary of the Air Force and Air Force chief of staff

After years of dealing piecemeal with repeated problems related to active-duty service commitments, we decided there had to be a better way. Our airmen deserve a system they can understand.

We formed a "tiger team" to overhaul the ADSC system. The task was explicit: Make it simple! Led by Lt. Gen. Roger DeKok, deputy chief of staff for plans and programs, the group exceeded our expectations.

With help from across the Air Force, the team produced an Air Force instruction to be published June

1. Gone are pages of charts and rules. In their place is a simple, twochart instruction, with rules written in plain English. All service commitments are in one instruction. There are no major command supplements and confusing references.

We also standardized commitments and removed

those that don't make sense. For instance, why require a commitment for promotion when commissioned officers must be active duty for three years to retire in that grade?

The same common sense approach led us to eliminate the service commitments for any training class that lasts less than 20 weeks. That move eliminates 95 percent of ADSCs generated by technical training.

Equally important, we're creating a system that assumes our airmen are people of honesty and integrity who will live up to their commitments

We were determined the ADSC overhaul be done quickly. From start to finish, we've been at this less than three months. But we did need to guard against unintended consequences and "gotchas" and to seek out opinions of those who will work under these rules

That's why we took time to create a focus group of 30 airmen from all commands and Air Force walks of life. They reviewed the changes and split into two groups to apply the new rules — without help from anyone — to

15 scenarios. Each group got 14 of 15 correct. They both missed the same one, so we've rewritten that part of the instruction to make it clearer. They also made a number of general suggestions that were incorporated into the final version. Their input was invaluable.

As with any major decision, we had to make tough choices. For standardization, some ADSCs are increased in the instruction. There aren't many and we believe the changes are justified. We also had to decide who would be affected by these rules.

After weighing Air Force and national needs against our airmen's desires, we decided the new commitments will apply to people who sign commitments after June 1.

> Unfortunately, we can't afford to apply these rules to people who signed commitments under the old system. We've already relied on those commitments in making our force management plans, and it's too difficult to 'unring the bell."

> Those who feel an injustice has been done in the past or in the way

these rules are being implemented, we've given the commander of the Air Force Personnel Center at Randolph Air Force Base, Texas, wide latitude to grant relief. We've discussed what needs to be done, and we're confident this new system will be fair to airmen and the taxpaying public.

Nothing is more devastating to retention than treating people unfairly. Our goal for the past 2.5 years has been to ensure the Air Force is a great place to work. This means more than lowering operations tempo, improving the quality of housing and raising pay. It also means ensuring our Air Force treats its people right.

You give us a great deal. We demand integrity, selfless service and excellence from everyone on our great team. You've every right to expect the same in return.

We're the world's greatest Air Force because of your dedication. Thank you for your service; you're truly the best and brightest our nation has to offer. We're honored to serve on your team.

Armed Forces Day

Defense leaders praise troops

"Nothing is more devastating to

unfairly. Our goal ... has been to

Secretary of the Air Force and Air Force chief of staff

Whit Peters and Gen. Michael E. Ryan

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place to work."

retention than treating people

By William S. Cohen

Throughout our nation's history, men and women of courage and devotion have willingly defended our nation's liberties at freedom's front in any sky, on any ocean, on any shore.

Some 50 years ago, President Harry Truman deemed a day be set aside to commemorate this tradition by honoring those who serve in uniform. What Truman observed remains true today: It would be impossible to maintain peace and

freedom without our Armed Forces. Today, you carry the torch of this

rich tradition of faithful and devoted service at home and around the globe. Wherever you serve, whether risking all in the no-fly zones over Iraq or maintaining peace in the Balkans, you are the finest force for peace the world has ever known.

You're a truly inspiring team that holds tremendous hope and opportunity for people the world over. On this Armed Forces Day, Americans join in expressing profound gratitude, aware your

commitment to this nation doesn't come without peril or price.

Duty often calls for prolonged periods away from family and home, in missions that can be difficult and dangerous. So it's truly fitting we pause this day to recognize these sacrifices and to honor you, whose passion and dedication preserve the blessings of freedom every day.

As your defense secretary, my message is simple and a feeling shared by all Americans: we need you and are enormously proud of you. We thank you for your selfless service.

Sortie Scoreboard

Fiscal year 2000 programmed flight training To date Goal

23.297 Sorties flown 38,595 Flying hours 30.821Pilot graduates 475876 MRT graduates 972 474

> Luke people deployed: AEF 5/6: 81 Others: 87

By Gen. Lloyd W. Newton

Armed Forces Day, Saturday, is a time when many communities pause to tell us how much they appreciate the things we do, and we do a lot!

Enthusiastic Air Force people volunteer to work in schools, scouts, churches and soccer. We bring our families who meld into the community and share their diverse

experiences. I want to join those community leaders by saying how much I appreciate the things you bring to AETC and our Air Force.

You've heard Air Force leaders talk about our need to recruit people. I also hope you hear us talk about our need to retain good people.

In recent months, we've seen positive things happen in terms of better pay, a retirement inequity fixed, and we've embraced the expeditionary aerospace force which

promises to bring operations tempo equity. Yet, there's more to be done.

For example, we're pursuing improved housing for both single and married members of our Air Force. and we're working to ensure medical care is available to active and retired members and their families.

As Armed Forces Day nears, I want you to know you're important to our Air Force — whether you're $recruiting, training, educating \, or \,$ supporting these efforts. I'm proud of you and your families.

Editorial information

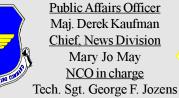
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Commander Brig. Gen. (select) Steve Sargeant



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Senior Airman Elizabeth Krichbaum

Benjamin Price practices for the swim team Monday afternoon at a base pool. A "Beat the Heat" grand opening will take place May 30 from 10 a.m. to 7 p.m. at the Silver Wings Pool.

Swimming pools open, provide summer oasis

By 2nd Lt. Miki Kristina Krejcarek

Team Luke can soon beat the heat when the base pools open their doors for the summer season May 30.

The Silver Wings Pool by the community center is open 11 a.m. to 5 p.m. weekends. May 30 it opens 10 a.m. to 6 p.m. Monday, Wednesday and Friday; 11 a.m. to 8 p.m. Tuesday and Thursday; and 10 a.m. to 7 p.m. weekends.

The Oasis Pool by the enlisted club is used for various swim programs, such as lap swimming and water aerobics.

A"Beat the Heat" grand opening is May 30 from 10 a.m. to 7 p.m. at the Silver Wings Pool. A coin drop, diving contest, relay races and ring toss are some of the planned events. Free snow cones, popcorn and juice are also provided.

This event is geared toward kids," said Tamara Oliver, 56th Services Squadron aquatics director.

Open swim seasonal passes for both pools cost \$20 per individual, \$35 for a family of four or less, and \$45 for a family of five or more.

Beyond recreation, the pools offer a variety of fitness programs. Lap swimming is 11 a.m. to 1 p.m. and 3 to 6 p.m. Monday, Wednesday and Friday at the Silver Wings Pool during May. People can swim laps June through August at the Oasis Pool from 8 a.m. to 6 p.m. weekdays.

An adult aerobics class is noon to 1 p.m. Monday, Wednesday and Friday. Cost is \$2 a class or \$20 for 15 sessions.

Squadron fitness hours may be reserved at the Oasis Pool for squadron fitness. Water volleyball, basketball and personalized water aerobics can also be requested.

With the opening of the Oasis Pool, Oliver must hire more lifeguards. Not only is there a nationwide lifeguard shortage, but also a shortage at Luke, she said.

Currently, we are only about 55-percent manned on what I'm eligible to hire," she said. "Running two swimming pools with 12 lifeguards is not a full staff.

Those interested in becoming a lifeguard, may call Oliver at 856-9334.

In addition, the pool staff offers swimming and water safety programs for children. The swim team, part of the Mar West year-round club, seeks members 6 to 18 years old. The team practices 4:30 to 6 p.m. Monday, Wednesday and Friday at the Silver Wings Pool. Cost is \$35 for the

Guard Start is an American Red Cross program to teach children ages 11 to 14 the roles and responsibilities of lifeguards. This course includes swimming techniques and basic lifeguard, communication and decision-making skills. Session 1 is May 30 to June 2 and session 2 meets June 12 to 16 at the Oasis Pool. Cost is \$30.

Additionally, American Red Cross swimming lessons are available throughout the summer for children 6 months to adults. Cost is \$8 for eight morning lessons and \$6 for six evening lessons.

Besides typical programs, the pool staff also offers classes for the more adventurous. Introduction to scuba diving and kayaking includes the basic skills of selecting equipment and performing techniques. Call for details.

Webster University opens doors

versity of St. Louis establishes a fulltime office at Luke's education office.

Webster offers five new graduate degree programs with classes beginning Aug. 14.

"Educational surveys in 1996, 1998 and 1999 indicated some segments of the base population weren't being served properly in terms of onbase graduate programs," said Faye Key, 56th Mission Support Squadron, education services flight chief. "Some of our graduate students were driving as far as Tucson for programs in human resources management and public administration."

Webster's graduate programs will be phased in during a three-year period. Human resources management. computer resources and information management programs start in June. Amaster's degree of business administration program begins in 2001 and the master's degree of public adminis-

An additional school opens its doors tration program in 2002. The fifth on-base programs are open to spouses, program offered is a computer science distributed systems program.

Each course is nine weeks with classes one day per week. To graduate, students must complete 36 semester hours. A maximum of 12 semester hours of graduate credit from other regionally accredited colleges or universities may be transferred to a student's graduate degree program. Students in the MBA program, however, are limited to nine semester hours. Webster awards 12 semester hours of transfer credit for Air War or Air Command and Staff College completion.

Webster has been providing master's degree programs at military installations since 1974. The university offers master's degree programs at more than 15 other Air Force bases. Webster is regionally accredited by the North Central Association of Colleges and Schools. Although programs are established primarily for active-duty members, Webster's fense employees and retirees.

Faculty members must have a minimum of a master's of arts or M.B.A. degrees: a doctorate is preferred. Webster's philosophy is to blend textbook theory and real-world situations; therefore, faculty are expected to be practicing professionals within their academic disciplines.

Student must have earned a bachelor's degree from an accredited institution to apply for admission. An official transcript from the degreegranting institution must be submitted to the local program director for forwarding to the Webster office of graduate admission for determination.

For additional Webster information, visit their homepage at http:// www.webster.edu or call the education flight at 856-7722. (Courtesy of education flight)

News Briefs

Enlisted dining-in

Enlisted members may attend a dining-in today at 6 p.m. The guest speaker is retired Maj. Lee Arbon, a sergeant pilot who flew combat missions during World War II. The uniform is semiformal or mess dress. Tickets are \$8 for airmen basic through senior airmen; \$12 for staff and technical sergeants; and \$16 for master through chief master sergeants. Contact chiefs or first sergeants for

Retirement ceremony

The 310th Fighter Squadron hosts a retirement ceremony for Master Sgt. James Stewart Monday at 3 p.m. in Bldg. 913. For more information, call Master Sgt. Teri Chavez at 856-6326.

56th OG change of command

Col. Robert Steel takes command of the 56th Operations Group from Col. William Louisell at a ceremony May 26 at 8:30 a.m. in Bldg. 485. A reception follows at the officers club.

Active-duty reading course

Rio Salado Community College offers a free fourweek reading program beginning Monday from 11:30 a.m. to 2 p.m. at the 56th Support Center building, Room 3111. The course is designed to improve reading skills, vocabulary and comprehension skills. The class meets Mondays, Tuesdays and Thursdays. For more information or to sign up, call 856-3239.

ACSC recruiting

The education office seeks active-duty, Reserve and National Guard major selectees and GS-11s and above for Air Command and Staff College who have not vet completed their professional military education requirements. For more information or to register, call Cathy Brogan at 856-7722.

Civilian health insurance

A Pacific Care representative visits the base Tuesday from 11 a.m. to 3 p.m. in the 56th Support Center building, Room, 1163. Civilian employees become familiar with services and pharmacy benefits, receive referral information and ask questions.

Chief's retirement, dinner

The 56th Support Group hosts a retirement ceremony for Chief Master Sgt. Charles Werther, 56th SPTG commander's special assistant, Thursday at 3 p.m. in Bldg. 485. In addition, a dinner is also Thursday at 6:30 p.m. in the Desert Star Enlisted Club. The dress is Arizona casual. Tickets are \$13 for club members and \$16 for nonmembers. To participate, call Tech. Sgt. Ruben Gonzalez at 856-6364 by today.

Aerospace integration report

The Air Force recently released a report on aerospace integration. The plan involves combining air and space capabilities and personnel to attain better results than could be achieved with air and space elements operating independently. "The Aerospace Force: Defending America in the 21st Century" is available on Air Force Link at www.af.mil/lib/taf.pdf.

Academy seeks command chief

The Air Force Personnel Center's Chief's Group in conjunction with the U.S. Air Force Academy seek a command chief master sergeant to report by July 31. Those interested, may call DSN 333-4144 for detailed information on how to apply.

Automated medical appointments

People needing an appointment for a nonurgent condition or a follow-up appointment can use the Luke Hospital voice mail or the Internet request system. To leave a voice mail, call central appointments at 856-2273 and press "5." To make an appointment via the Internet, visit www.luke.af.mil/ 56mg. Leave a phone number and patients will be contacted between 1 and 4:30 p.m.

Family housing construction

Contractors repair housing gas lines through Dec. 18. Residents are notified before repairs take place and must ensure children and pets stay inside during repairs. For more information, call 856-3007.

Defense Secretary touts importance of joint strike jet

By Linda D. Kozaryn

WASHINGTON (AFPN) — We usually think of "The Pentagon" as a pretty "tight-lipped" place. However, May 16 the secretary threw the press a curve.

Defense Secretary William Cohen did that after a recent press conference.

Reporters queried Cohen on a variety of subjects and both sides wrapped by thanking each other. Then, to everyone's surprise, Cohen asked the media, "No questions on the Joint Strike Fighter?

"Do you want to say something?" a reporter asked. 'I do want to say something," Cohen boldly replied.

views on the importance of the JSF, the military's next generation, multirole, strike aircraft designed to comple-

"This aircraft is important not only to the Marine Corps, it is also equally important to the Air Force ... and the Navy."

> William Cohen Defense Secretary

To everyone's surprise, the secretary then expressed his ment the Navy F/A-18

> and the Air Force F-22 Raptor aircraft. The Senate Armed Services Committee had just voted to cut about 25 percent of the Defense Department's fiscal year 2001 budget request for the plane. There have been a number of reports that

> have surfaced in the last day or so about the, quote, 'lack of support' within the services for the Joint Strike Fighter," he said. "I would like to be very clear about this.

> "This aircraft is important not only to the Marine Corps, it is also equally

important to the Air Force, which will depend on a very large number of the Joint Strike Fighters to fill its inventory in future years. It is also equally important to the Navy.

Cohen said it's "simply wrong" to conclude there is no need to support the JSF just because certain aircraft, such as the F/A-18E/F model, are coming off the production line and funding has been secured for the F-22. He expressed his confidence the JSF is the fighter of the future.

"The Air Force fully understands this," he said. "The Navy fully understands that it's not going to be the F/A-18E/F model that will provide the kind of capability and security for our fighters of the future. It will be the Joint Strike Fighter.

Expressing his personal support for the aircraft, as well of that of the services, Cohen said, "We will see the Joint Strike Fighter come into the inventory

This is not something that was mandated by either me or the department or the Office of Secretary of Defense. This is a program that was designed by, and offered by the services because they understood that they needed to have an aircraft that would serve the needs of the Marines, the Navy and the Air Force. And that's precisely what the Joint Strike Fighter is going to do.

And so it continues to enjoy my strong support, just as I have supported the F-22 and the limited number of F/A-18E/F models. That was always within the Quadrennial Defense Review's recommendations. It was supported by the Joint Chiefs then, it was supported by the service chiefs, and it will be supported in the future. Thank you."

Watch for the Silver Bullet ...



Col. Steve Sargeant, 56th Fighter Wing commander, receives his new staff car May 11 from members of the 56th Transportation Squadron vehicle operations flight. His silver Ford Taurus is the first acquired under the new Air Force program to lease all sedans and station wagons. These vehicles fall under the same rules as the old "white-top" vehicles — salute them! Sargeant's car has flex-fuel capability, meaning the car can run on gasoline or an 85-percent ethanol mixture. This fuel burns cleaner and complies with federal mandates requiring Luke to procure at least 75-percent of its fleet with alternate fuel capabilities.

AF selects 2 Luke NCOs for OTS

By Senior Airman Jennifer Dixon

A supply element chief and a computer-based training developer

from Luke were recently selected to attend Officer Training School.

Tech. Sgt. Cassandra Pendermon, 310th Fighter Squadron, and Staff Sgt. Paul Hoff, 56th Logistics Support Squadron, said they knew from the beginning of their Air Force careers they wanted to become officers

"It was my plan when I first joined (in 1988)," Hoff said. "I came in right out of high school. I needed to get my education, but I needed to be able to pay for school. Now, I have my bachelor's degree in corporate training and my master's will be in organizational change management."

Pendermon made her decision in 1986 while in technical school. She and two of her friends had decided they would become officers. One of those friends was commissioned in 1999 and they are waiting for the other to submit her package.

Pendermon and Hoff applied to OTS this year for different reasons.

"Last year I was told I was going to have to cross train," Pendermon said. "I decided that now was a good

> time to try to be an officer, because I love my job and don't want to leave it. So, I decided that if I had to start over again, I would rather do it as an of-

> Hoff decided to wait until he'd completed his master's degree to apply. He earned his bachelor's degree in 1996 and he'll receive

his master's in August.

Pendermon

Pendermon received her bachelor's degree in business management from Wayland Baptist University in 1997.

"I have been working toward it for a while, but once I joined Wayland, it only took me three semesters to finish it," Pendermon said.

When the OTS list was released,

Pendermon and Hoff said they were very excited and happy.

"I couldn't believe it," Pendermon explained. "I had been waiting so long before I applied that it took a while to sink in."

The NCOs said they don't know when they will attend OTS, but they do know what jobs they will be doing.

Hoff is going into manpower and organization and Pendermon remains in supply.

Both said they had many people helping them achieve their goal. Hoff said his wife was the most

helpful to him. 'She always made sure I had

enough time to study," Hoff said. "We were both going to school at the time,

so we worked together to make sure we got our studying done.

thank Pendermon said. "I've been blessed to have had wonderful support from every office I've worked in. While putting this package together, my chief, commander and husband really supported me.

"If you have a goal,



don't put it off," Pendermon added. "Never lose focus of what you want to do.'

Wing This column recognizes Team Luke members' contributions to wartime readiness in the tradition of Warrior 2nd Lt. Frank Luke.

Name: Tech. Sgt. Stanley Ellis, 56th Logistics support Squadron functional systems administrator Hometown: Florence, Colo.

Years service: 20

Inspirations: My daughter, Afton

Goals: To complete my network certification Off duty: I actively volunteer at my church to set up network systems and resolve computer issues. I also

like to volunteer at my daughter's school.

Commander's comments: "Tech. Sgt. Ellis manages and maintains the 56th Logistics Group local area network of more than 1,800 users and 32 servers. He is the go-to person when it comes to network management,

said Col. Frank Bruno, 56th LG commander. "He's a dedicated hard-working NCO that consistently strives to maintain a secure and effective network infrastructure and often works weekends and after-duty hours to complete projects and prepare for the next day. His customer servce is impeccable.'

Luke's

Col. Steve Sargeant, 56th Fighter Wing commander, uses this column to recognize Team Luke members' outstand-Spirit ing customer service.

Name: Capt. Anthony McGraw, 56th Contracting Squadron

Hometown: Where my parents and in-laws live, Smithsburg, Md. and Orlando Fla.

Years service: 10.5

Family: My wife, Brandy; cat Tiger; and 56th CONS Inspirations: My parents who taught me to be thankful for what I have and be honest in what I do. Goals: Long-term, to make my wife happy, my new parents proud and serve my country honorably; short term, to be promoted to major with selction to Intermediate Service School.

Off duty: All expensive — photography, traveling,

scuba diving, wine and computers

Commander's comments: "Quick Draw is doing some great things for this base in terms of making sure contractors live up to timelines and the quality we expect," Sargeant said.



Harrington

Air Force offers eligible recruits \$10K for loans

WASHINGTON (AFPN)— For the first time in its history, the Air Force is offering eligible new recruits up to \$10,000 toward repaying their college loans.

In addition, the service offers an additional \$5,000 enlistment bonus to people entering one of more than 100 selected career areas until May 31. These incentives are in addition to any existing bonuses they may already be receiving.

"We're excited to offer this great new incentive to America's young men and women," said Carol DiBattiste, Air Force undersecretary. "This is just the beginning of many incredible benefits our people enjoy.

"In addition to tremendous job training, immediate responsibility and educational and leadership opportunities, our talented men and women enjoy serving their country and being part of the most powerful and respected aerospace force in the world," she added.

The College Loan Repayment Program targets people entering active duty in any career field on four- or six-year enlistments, said Air Force officials.

"The plan allows new recruits with outstanding college loans to enlist in any AFSC (Air Force Specialty Code), and receive up to \$10,000 to go toward repaying their loan," said Marylee Baker, assistant chief, voluntary education branch, Directorate of Personnel Force Development.

In addition to the college loan repayment program, the Air Force offers all its airmen educational advantages including the Community College of the Air Force, tuition assistance and the Montgomery GI Bill.

More information about the Air Force's college loan repayment program and the recent \$5,000 enlistment bonus offered to recruits enlisting before the end of May, is available from local Air Force recruiters, by calling (800)423-USAF or visiting their Web site.

With honor ...



Tech. Sgt. Michael Burns

Luke Honor Guard bugler Tech. Sgt. Terry Deyton, plays "Taps" at the Mayaguez retreat Monday in honor of fallen security forces members. The event was part of National Police Week recognizing law enforcement officers who have been killed in the line of duty.

ROTC gives officers more assignment opportunities

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Officers in the ranks of first lieutenant through lieutenant colonel have some additional assignment opportunities with the release of the summer 2001 Air Force ROTC job listing.

The listing includes 14 commander and professor of aerospace studies, more than 90 assistant professor aerospace studies, and 14 regional director of admissions assignments at universities and colleges across the United States.

For detailed application and timeline information, officers should check with the military personnel flight's personnel relocations office or customer service office, located in Bldg. 1150, Room 2051 or call 856-7875.

For a complete listing of the projected vacancies, check out the AFPC assignments home page. (Courtesy of AFPC News Service)

DFAS improves pay line

DENVER (AFPN) — Defense Finance and Accounting Service activates its improved automated telephone Military Pay Line service in August.

Air Force active-duty and Reserve members will need a personal identification number to access the pay system.

DFAS will mail PINs to Air Force active-duty and Reserve members in July. The mailing will go to members' leave and earnings statement addresses. Members should ensure their leave and earnings statement addresses

are current to avoid delay in receiving Military Pay Line personal identification numbers.

PINs used for the current Air Force Pay Call system at (800) 755-7413, will work with the new system.

Service members who do not have a current PIN will have one issued for the new Military Pay Line.

Service members can update their addresses at their local base finance office.

For more information, call military pay at 856-7028.

TRICARE officials award dental contract

FALLS CHURCH, VA.—The TRICARE Management Activity recently awarded United Concordia with the TRICARE Dental Program Contract, the world's largest dental insurance program.

The new "third-generation" dental contract implemented February 1 and combines the TRICARE Selected Reserve Dental Program and the TRICARE Family Member Dental Plan.

The TDP provides improved dental coverage for active-duty family members and eligible Reserve Component personnel — Active Reserve and Guard, Selected Reserve, Individual Ready Reserve — and their family members worldwide.

A major improvement reduces the 24-month mandatory enrollment period which previously barred some active-duty family members, and Reserve Component personnel and their family members from enrolling in the current TFMDP. The TDP requires the sponsor to have 12-months of service remaining at the time of enrollment.

"The TDP is a great dental program and we wanted to open the doors to allow more military members and their families to enroll in and use the program" said Capt. Lawrence McKinley, TMA's senior consultant for dentistry.

The new plan also permits Reservists and their family members to enroll in the TDP if the Reservist is called to active duty in support of a contingency operation for more than 30 days but less than 12 months. Since most employer-based dental policies require the employee to pay full premium costs while on active duty, the TDP provides the activated Reservist and family members with a low cost, comprehensive dental program while on active duty.

The Reservist also has the option of enrolling his family members in the TDP and not themselves.

Enrollment in the TDP will also be more user friendly and efficient because the new contractor will administer the enrollment function instead of the personnel departments of the uniformed services. The contractor will have "real time" online access to DEERS to vali-

date eligibility.

"We felt enrollment was best achieved through an experienced dental insurance company that performs this function as part of its commercial business practice," McKinley said.

Certain Reserve members and family members of incarcerated sponsors who were previously excluded from enrollment because they did not have an active payroll account will now be able to enroll because the contractor will directly bill them for their monthly premium.

Yet another improvement in the TDP, is an increase in the maximum benefit coverage: \$1,200 annual maximum for routine care and \$1,500 orthodontic lifetime maximum. There is also a

staged cost share structure that reduces cost shares for enlisted personnel, E1s to E4s. Since some lower ranking enlisted families do not seek dental care due to costs, the reduction in cost shares for some dental procedures will help defray those costs and encourage dental health.

The TDP offers sponsors the opportunity to enroll children at age one. Although the current plan allows parents to enroll children under age 4, the new TDP strongly encourages diagnostic and preventive dental care for children prior to the mandatory enrollment age of 4 years old.

The TDP tasks the contractor to implement a program that encourages network providers to employ rec-



Courtesy photo

A member of Team Luke gets his teeth examined.

ognized diagnostic and preventive guidelines for pediatric and adolescent dental care.

"Good dental health is an important facet of overall good health. As with medical preventive care, dental preventive care should start at a very early age," McKinley said. "One of TMA's primary goals for the TDP is to urge beneficiaries to seek early preventive dental care in order to avoid more serious and more costly dental diseases."

Although the TDP contains many of the aspects of the current TFMDP, its approach is innovative because it incorporates the principal themes of increasing enrollment and encouraging early preventive dental care for the good of the beneficiaries' overall health.

Cops build UXO marking kit

By Senior Airman Jeffrey Bishop 320th Air Expeditionary Group Public Affairs

ESKAN VILLAGE, Saudi Arabia (AFPN) — To spin an old expression, potential necessity is the mother of invention. This is why a group of cops devised a comprehensive, cheap, portable kit for marking unexploded ordnance.

Weighing in at less than 40 pounds, the kits cost about \$35 each for materials; labor is free and other supplies are inexpensive and available through supply channels, said Chief Master Sgt. Rick Litvinchuk, former 320th Expeditionary Security Forces Squadron security forces manager.

"The idea is to have the kits readily available in our mobile patrols, to establish a cordon of up to 1,500 feet," said Litvinchuk who brought the idea of a kit with him when he deployed from 4th Air Force headquarters at March Air Reserve Base, Calif.

According to Litvinchuk, who conducts readiness assistance visits with Reserve security forces units in the United States, airmen are typically taught to use whatever is available at the time — clothing or police line, and objects like buildings or trees — to mark a UXO.

The chief decided to be innovative before getting into that situation by providing a kit that has everything a person needs to safely and visibly cordon off a UXO.

Since cops typically conduct reconnaissance or are the first responders following an attack, it is natural that they carry the kits in their patrol vehicles.

In each kit are 10 wood signs and stands, about 10 chemical glowsticks, a roll of bright-colored surveyors tape and a laminated UXO recognition and reporting poster.

The base for each sign is lapped two-by-fours with a large hole drilled through it for holding the thick dowel-rod signpost. The sturdy heat-laminated signs have the standard UXO marking symbol of a red triangle with a bomb pointing down. The signposts have a screw eye at the top for threading the 1,500 feet of marking tape through or for hanging the glowsticks.

"Everything fits into a standard Air Force-issue Abag," said Tech. Sgt. Ken Oates, security forces squadron supply chief.

Oates and Staff Sgt. Dwayne Loranger, NCO in charge of security forces training, worked out the design for the kit and built a prototype, with help from the 320th Expeditionary Civil Engineer Squadron.

Impressed with the kit, officials here gave the goahead for the team to build and carry a total of 20 kits. They also asked Litvinchuk to submit an Air Force Form 1000 to the Innovative Development through Employee Awareness program, so the idea may be implemented across the Air Force.



Senior Airman Jeffrey Bishop

A simulated 1,500-foot cordon marks off a dummy unexploded ordnance in the distance. The cordon was created with a prototype UXO marking kit. The kit, which was developed by a Security Forces member, weighs 40 pounds and costs less than \$50.

Overseas Tour Extension

Air Force approves new incentive program eligibility listing

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force recently approved a new Overseas Tour Extension Incentive Program eligibility listing for overseas long tour areas.

The revised listing, which added 33 Air Force specialties and deleted 37, is effective for members with a date eligible to return from overseas of July 1 and later.

The following Air Force Specialty Codes will be added:

 $\begin{array}{c} 1\text{C}000 \ , \ 1\text{C}100, \ 1\text{C}151, \ 1\text{C}500, \\ 1\text{N}373\text{D}, 2\text{A}332, 2\text{A}353\text{J}, 2\text{G}051, 2\text{P}071, \\ 2\text{T}300, \ 3\text{C}172 \ , \ 3\text{C}271, \ 3\text{E}072, \ 3\text{E}151, \\ 3\text{E}431, \ 3\text{E}432, \ 3\text{E}451, \ 3\text{E}452, \ 3\text{E}453, \\ 3\text{E}472, \ 3\text{E}651, \ 3\text{E}671, \ 3\text{E}931, \ 3\text{E}951, \\ 3\text{E}971, \ 3\text{H}071, \ 4\text{E}000, \ 4\text{A}251, \ 4\text{P}000, \\ \end{array}$

4R051B, 5J000, 6C051 and 6C000.

The following AFSCs will be deleted: 1A171C, 1A271, 1A291, 1A371, 1A391, 1A471, 1A471D, 1A491, 1A571, 1C231, 1C251, 1C271, 1C291, 1C451, 1C491, 1N000, 1N200, 1T200, 1T231, 2E134, 2E651, 2E671, 2W251, 2W271, 3C131, 3C151, 3C192, 3E090, 3V000, 4A000, 4A051, 4J092, 4N131C, 4R051C, 4Y000, 5R000 and 6F191.

The program saves permanent change -of-station funds by providing specific incentives, as authorized by Congress and the secretary of the Air Force, to airmen in certain skills who extend their overseas tour for 12 months.

To be eligible for the program, airmen

must meet the following criteria:

• Must be serving in either a control AFSC designated by the SECAF, first three positions of the duty AFSC must match the first three positions of the career AFSC or be serving at a short-tour location — tour lengths of NA/12, 24/12, 24/15 — where all AFSCs are eligible:

• Must extend their overseas tour for a period of 12 months;

◆ Must have or be eligible to obtain the required PCS retainability. Eligible airmen may elect one of the following incentive options: Y1 option — special pay of \$2,000 lump sum; Y2 option — 30 days nonchargeable leave; Y3 option — 15 days nonchargeable leave and government funded round trip transportation from the overseas location to the nearest continental U.S. port, travel provided for military member only.

Airmen electing the \$2,000 lump sum incentive receive it once they enter the 12-month extension. If an airman is curtailed before completing the entire extension period, recoupment of the unearned portion of the incentive pay may be required.

Airmen electing either leave option must take the OTEIP leave incentive within six months after entering the OTEIP extension according to AFI 26-3003, military leave program.

For more information, call the military personnel flight at 856-7870.

ANG 'declares war' on personnel shortages

By Army Master Sgt. Bob Haskell

ARLINGTON, Va. (AFPN) — Some would call it beating the bushes. Others are calling it going to war.

That's what members of the Air National Guard are being urged to do to bring 2,500 men and women into the fold by Sept. 30. The goal is to reach its full, authorized strength of 106,678 people by the end of fiscal year 2000.

"We're declaring all-out war on personnel shortages and taking no prisoners," Maj. Gen. Paul Weaver, Air National Guard director, told 275 of the nation's Air Guard leaders during a recruiting and retention conference at Andrews Air Force Base, Md. "Meeting end strength is singly our greatest need and our highest priority."

Toward that end, the Air Guard is preparing a \$13 million advertising campaign and is reinforcing its recruiting and retention staffs across the country to spread that word. It is targeting young people between 17 and 23 to sign up and making a concerted effort to keep enlisted people and officers in uniform.

"Recruiting and retaining quality people needs to become an integral part of the mission with officers and noncommissioned officers alike," Weaver stressed.

Achieving and maintaining full strength is critical, personnel officials have pointed out, because the Air Guard will be authorized another 1,300 people

due to programmed growth in 2001.

"Our units are being tasked very heavily today, so it's critical that we have enough people with the right skills," said Lt. Col. Marilyn Rios, the Air Guard's chief of recruiting and retention. "We want to remain mission-ready as we expand and take on new roles and missions."

Spreading the word means hitting the streets and the schools, pointed out Command Chief Master Sgt. Gary Broadbent, who advises Weaver on policies and issues affecting the Air Guard's enlisted force.

"We can't wait for the people to come to us," he said.
"The Air Guard has to connect with young people. Our recruiters have to be out of the office all of the time to get young people wherever they are."

AF offers 'kicker' for reservists

ROBINS AIR FORCE BASE, Ga. (AFPN) — Air Force reservists in 10 critical career fields and those seeking tuition assistance can apply for two new education incentives starting June 1.

Air Force Reserve Command's Montgomery G.I. Bill-Selected Reserve Kicker program and AFRC's enhanced tuition assistance program are designed to boost recruitment and retention of unit reservists and individual mobilization augmentees. AFRC officials announced plans to implement both programs in early March.

Designed to work in conjunction with the Montgomery G.I. Bill-Selected Reserve basic program, the kicker program will provide up to an additional \$350 per month to qualifying full-time students in critical skills.

Skills

- Aircrew operations (1A)
- Intelligence (1N)
- Aircrew protection (1T)
- Manned aerospace maintenance (2A)
- Fuels (2F)
- Transportation and vehicle maintenance (2T)
- Munitions and weapons (2W)
- Civil engineering (3E)
- Medical services (4N)
- Linguist debriefer and interrogator (8D IMAs only)

To qualify for the kicker, reservists with these skills must:

- Commit to a six-year enlistment
- ◆ Be drawing the Montgomery G.I. Bill-Selected Reserve basic benefit
- Be participating in the Selected Reserve
- Have completed initial active-duty training
- Have a high school diploma or equivalent;
- Be enrolled in an approved institution of higher

Information about approved programs is available by calling or writing to the nearest Department of Veterans Affairs regional office. People can obtain these telephone numbers by consulting their local telephone book under the U.S. Government section or calling (800)827-1000

To apply for the kicker, reservists must complete AFRC Form 19, Montgomery G.I. Bill-Selected Reserve Kicker Contract, which is pending publication.

The tuition assistance program enhances the previous Defense Activity for Non Traditional Education or DANTES distance learning tuition assistance program. The new program offers 75-percent tuition reimbursement not to exceed \$187.50 per semester hour, up to a maximum ceiling of \$2,500 per year.

Program participants can receive tuition assistance for resident courses and distance learning

Eligibility requirements

To be eligible members must:

- Have at least 24 months remaining on their service commitment when they apply for tuition assistance
- Be actively participating and in good standing
- Have a high school diploma or equivalent
- Take courses offered by post secondary institutions accredited by a national or regional accrediting body recognized by the Department of Education and
- Must receive a passing grade that applies credit toward obtaining a degree

Degree levels must be progressive, not equivalent. Applicants cannot draw tuition assistance for courses that lead to a degree level they already hold. For example, a person who has a bachelor's degree and an associate's degree cannot apply for assistance to get a second associate's degree. However, people pursuing an associate's degree through the Community College of the Air Force in their control Air Force Specialty Code may receive tuition assistance regardless of any other degree held.

People can learn more about the kicker and DANTES tuition assistance programs by visiting base education and training offices. (Courtesy of AFRC News Service)

AFPC finishes enlisted board, largest in years

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force Personnel Center concluded the biggest senior enlisted supplemental board in three years May 5, considering 119 cases.

AFPC officials attribute the larger board to many added decorations arising from Operations Allied Force and Shining Hope. The results were released to military personnel flights Thursday.

Each year, approximately 150 to 225 enlisted members request they be reconsidered for promotion by a semi-annual enlisted supplemental board.

According to Chief Master Sgt. Greg Haley, chief of enlisted promotions, that number can fluctuate greatly from board to board.

"The supplemental requests are from people who met the original chief or senior master sergeant evaluation boards with either erroneous data in their selection folder or who had some information missing," he explained, adding "not all requests make it to the supplemental board."

"The Air Force again expects to consider a number of requests based on decorations related to Kosovo operations," said Col. Dave Ashton, AFPC's promotion, evaluation and recognition division chief. "Many of these decorations, through no fault of the members, are still in the processing stages. We owe it to those who served so faithfully to get these decorations processed and in front of the boards at the earliest date possible." (Courtesy of AFPC News Service)

Beat the heat: Drink plenty of water

By Maj. (Dr.) Eric M. Chumbly

LACKLAND AIR FORCE BASE, Texas (AFPN) — Air Force members are called upon to operate in a variety of strenuous conditions; in particular, many have to cope with heat.

Many medical conditions may plague these folks, including exertional heat illnesses and overhydration. Understanding these problems and knowing how to prevent them requires knowledge of regulating the body's heat, water and sodium balance.

During heavy exercise, the body can generate 10 to 20 times the amount of heat it does at rest. Since only 20 percent is used to do work, the rest must be dissipated. That extra heat is transferred from the body's core, mainly the muscles, to the skin where it can be released.

Dehydration

Because heat transfer is accomplished by increasing blood flow to skin, it is vital to keep up blood volume, which means keeping up hydration.

In addition, sweat evaporation is the body's major mechanism for heat dissipation while exercising. Sweat is composed mainly of water, with a small amount of sodium. Dehydration robs the body of its ability to cope with heat stress and raises the risk of heat illness. In fact, a fluid loss of 1 percent of total body weight can raise the body's temperature.

Common heat illnesses Common exertional heat illnesses include heat syncope, heat cramps, heat exhaustion and heatstroke.

Heat syncope refers to fainting that occurs at the end of an event because of improper cool-down. It may also occur if individuals stand for prolonged periods in a hot environment without moving. Treatment is simple: lie down, elevate legs, cool off and drink cold fluids. Prevention is better; stay well hydrated and keep walking after exertion. Heat acclimation is also important to prevent heat syncope.

Heat cramps, heat exhaustion and heatstroke are conditions of water and often sodium loss

Heat cramps, the least dangerous of the, conditions, occur during or after intense exercise in the heat and usually involve the legs. Sodium is lost in the sweat and is further diluted in the blood if plain water is used to replace fluid.

Heat cramps usually resolve with rest, cooling down and massaging affected muscles. Prevention involves acclimation and staying on top of fluid and salt status before exercising. Also, cramps may signal a worse heat illness.

Heat exhaustion is more complex and dangerous. Victims continue to sweat, become weak and lightheaded and may become confused. Temperatures range from slight elevation to a high fever. The problem is a combination of sodium and fluid loss without enough replacement.

Treatment involves rest, cooling and rehydration. Heat exhaustion should be treated in a medical facility where sodium can be measured and fluid replaced at the right rate. Again, prevention involves acclimation and hydration.

Heatstroke is a medical emergency in which the body's cooling mechanisms are overwhelmed. Dehydration and lack of acclimation usually contribute. Symptoms range from moderate confusion to coma and a high body temperature. Victims almost always continue to sweat. Because heatstroke can rapidly progress to collapse vital organs, these patients need immediate treatment in a medical facility Treatment may be complex, but always involves rapid cooling.

Overhydration The flip side of dehydration is overhydration, or simply drinking too much water too quickly. When sodium is lost in sweat and water is used as a replacement, the sodium in the blood can be diluted.

Hyponatremia, or low blood sodium, generally happens after drinking too much water — over 1.5 quarts per hourover several hours. Sodium levels may become profoundly low in overhydration and cause problems. Because fluid balance is tied to sodium, hyponatremia can lead to damage of certain tissues Changes are most noticeable in the nervous system, where seizures, coma and even death can result.

Recognizing overhydration is challenging because it may appear so much like exertional heat illnesses. Early symptoms are vague and include confusion, nausea, fatigue, muscle cramps and weakness. Worse cases can include vomiting, muscle twitching, delirium, seizures and coma.

Differentiating overhydration from heat stroke or exhaustion can be difficult. The main point is heat stroke, and frequently heat exhaustion, include a high temperature, whereas overhydration does not. The final diagnosis must be made at a medical facility where appropriate treatment can occur.

The American College of Sports Medicine recommends drinking about a half quart of water two hours before exercise. About 1.5 quarts is the absolute highest volume to drink per hour. The maximum amount in a 24-hour period is 12 quarts.

Hydration is an ongoing process. Waiting until exercise has begun to start drinking is like jumping out of a plane and thinking, "well, I really ought to put on a parachute." It's too late. Hydration is indicated by urinating a full bladder four times a day. Deviation may mean hydration is poor and drinking should be raised.

The best sodium level is maintained by eating a balanced diet, which contains plenty of salt for most people. It is important not to skip meals during intense activity because salt replaces the sodium lost and aids in water absorption.

What is the best thing to drink? While water is usually best, sports drinks containing sodium and carbohydrates should be used when doing heavy work for an hour or more in hot conditions. The same applies if meals have not been or will not be eaten for four to six hours.

Exertional heat illnesses and overhydration remain a threat for those who work in hot conditions, but they are preventable. These guidelines go a long way toward safe operations in the heat.

56th EMS sergeant separates, returns to AF

By Tech. Sgt. Julie Briggs

When airmen decide to separate from the Air Force, they do so for various reasons, most thinking the grass is greener on the other side. But that doesn't always happen.

That is what Staff Sgt. Dennis Segebart, 56th Equipment Maintenance Squadron, realized within a year after separating from the Air Force in June 1995.

"I missed it," the Iowa native said about why he



Tech. Sgt. Brandt Smith
Staff Sgt. Dennis Segebart, 56th Equipment
Maintenance Squadron, returned to the Air Force
almost four years after separating from active duty.
Although he found work, he missed his Air Force career.

came back to active duty. "I loved what I did (in the Air Force) and I missed traveling around the world."

Segebart joined the Air Force in 1989 as an armament systems specialist. During this enlist-

ment, he served with the 56th EMS from 1989 to 1992 when the 56th was still at MacDill Air Force Base, Fla. From Florida, Segebart went to the 8th EMS, Kunsan Air Base, Republic of Korea, and then on to the 526th Fighter Squadron, Ramstein Air Base, Germany.

At MacDill and Kunsan, Segebart was a member of a combat armament support team. He worked with five to six other people clearing gun jams and conducting weapons systems maintenance off the aircraft. At Ramstein, he was a member of the weapons flight. While at Ramstein, he deployed to the United Kingdom; Tunisia, Africa; Incirlik Air Base, Turkey, for Operation Provide Comfort; and to Aviano Air Base, Italy, for Deny Flight.

"In one year I was TDY (on temporary duty) for nearly half the year supporting various deployments," Segebart said. But, the operation tempo wasn't the reason he decided to separate from the Air Force when his six-year enlistment was up.

"At the end of my enlistment, I was ready to get out," he said. "I put quite a bit of thought into it and decided I was ready for a change."

Segebart returned home to Ida Grove, Iowa, and within one year wanted back in, but was told the Air Force was not accepting applications from prior service members with his Air Force Specialty Code.

Instead of waiting to see if his old AFSC would, if ever, come up on the prior-service list, Segebart joined the Air National Guard doing what he did while on active duty. By joining the Iowa Air Guard's 132nd Fighter Wing in Des Moines, he was able to stay proficient in the ever-changing world of armament.

"In armament, most of your proficiency requirements are only good for one year," he said. "I was able to keep my skills current on my drill weekends and during my annual tour."

"Everyone needs to make the decision to stay or go on their own. But, the Air Force is the life for me."

Staff Sgt. Dennis Segebart 56th Equipment Maintenance Squadron Segebart drove a truck 60 to 70 hours a week. He made about the same money he makes now, had medical benefits and a 401k retirement plan, but he wasn't doing what he loved.

"I only have myself to

He was a Guard

To make ends meet,

member for three years.

"I only have myself to take care of," Segebart said, "so benefits (like medical care for family members and housing allowance) weren't a big concern."

However, he did not like the hours and the job. It wasn't what he really wanted to do. So, when weapons came up on the prior-service list, he jumped at the chance to re-join.

That was three months ago and Segebart has no regrets. Once he in-processed, he had a direct-duty assignment to Luke.

"Usually with a new guy it takes time to get him up to speed, but with Segebart he was a quick-starter," said Master Sgt. Scott Pascoe, 56th EMS combat armament support team group chief. "Manning in our career field is so short we're getting a lot of new inexperienced guys in the back shop. So, when someone comes in who can pick up local procedures quickly and can train, he's an asset."

"I love what I do (for the Air Force)," Segebart said. "Let's face it, we don't stay in Air Force for the money. You're not going to get rich."

But, for those who like the camaraderie of working with a tight-knit group and to travel, among other things, then the Air Force is the way to go, Segebart said.

"Everyone needs to make the decision to stay or go on their own," he said, "but, the Air Force is the life for me."



Luke poses by one of 14 German observation balloons he destroyed during World War I. He also destroyed four enemy fighters for a total of 18 aerial victories.

Team Luke honors base namesake

Today marks the 103rd anniversary of the birth date of 2nd Lt. Frank Luke Jr., a fighter pilot without peer. He made aviation history in World War I when he wreaked havoc on the aerial fleets of Germany by destroying 18 enemy aircraft during 18 days in September 1918.

Of significance was the fact he only flew during seven of those 18 days. He was the first aviator to earn the Medal of Honor. On June 6, 1941, Litchfield Park Air Base was redesignated Luke Field in his honor.

World War I

The events that led to Luke's aerial exploits began when political upheavals in Europe led to the start of World War I, and German submarine attacks against U.S. shipping resulted in the United States entering the war against Germany Dec. 7, 1917.

Into that setting flew a fair-haired, 21-year-old man from Phoenix, who was to write a chapter in military aviation history. Luke was born May 19, 1897, and grew up to be an athletic young man who served as captain of his football team at Phoenix Union High School. He was also something of a hell raiser, but still was said to have loved hunting in the open desert near Phoenix.

Luke enlisted in the signal corps Sept. 25, 1917 and later earned a commission when he entered and completed pilot training. He then left for France and the Western Front on March 4, 1918 where he was assigned a role of ferrying aircraft to the front lines. But that soon changed.

Balloon Buster

Luke's reputation as a balloon buster began Sept. 12, 1918 when he spotted and made three attacks against a balloon while avoiding enemy ground fire. The target finally burst into flames and the legend of the "Arizona Balloon Buster" was born.

The lieutenant's next mission was Sept. 14 when he destroyed two more balloons. His squadron leader, Capt. Alfred Grant, had been skeptical of his tactics against balloons, but after two balloons fell to Luke's guns in one mission, the captain termed his tactics as clearly effective.

Luke added to his aerial victories when he destroyed three more balloons Sept. 15 and two more Sept. 16. In addition, Sept. 18 was a record-setting day for Luke when he scored five kills — two balloons and three German fighters. The next time he flew was Sept. 28 when he shot down another balloon and a fighter for a total 15 victories.

Medal of Honor

Luke's actions Sept. 29, 1918 earned him the Medal of Honor. Luke had been grounded for his unauthorized visit to a French air base the previous day. Disregarding his squadron leader's grounding order, he took off on what became his last mission.

He spotted and destroyed two balloons that day and then found a third. During his attack on the third balloon, his Spad was hit by defending fire, and he was wounded. After destroying that balloon and bringing his record to 18 victories in seven missions, he turned the nose of his fighter toward home.

He reached the German occupied town of Murvaux, France, where he spied a German infantry column. He attacked, killing six and wounding six more. Then his stricken Spad failed, and he landed in a nearby cemetery.

At that time, Germany was



Courtesy photos

2nd Lt. Frank Luke Jr. circa 1918. The fighter ace and Phoenix native received the Medal of Honor

for his barrie actions diving World Way I



In 1941 Litchfield Park Air Base was renamed Luke Field in honor of Luke.

losing the war and had become desperate, paying little homage to chivalry. The German troops advancing on Luke had just witnessed him killing a number of their comrades, so there was some question whether they would have taken him prisoner.

According to historical accounts, Luke settled that question when he withdrew

his pistol and began firing on the soldiers. They returned fire, killing him.

The War Department awarded the Medal of Honor to Luke May 3, 1919.

Luke AFB today

Some 23 years after his death, a fledgling fighter training base opened its

doors near Phoenix. During

the next 59 years, the base has produced about 50,000 men and women who earned the fighter pilot title. They trace their heritage to the namesake of Luke Air Force Base: 2nd Lt. Frank Luke, Jr., fighter ace, Medal of Honor winner, American hero. (Courtesy of the 56th Fighter Wing History Office)

Chapel News

Worship schedule

The following is Luke's Protestant and Catholic worship schedule:

Protestant worship

- Holy Communion is Sunday at 8 a.m. at the Luke Community Chapel.
- Gospel service is Sunday at 8:30 a.m. at the Chapel on the Mall.
- Morning worship service is Sunday at 11 a.m. at the Luke Community Chapel.
- ◆ Evening praise service is Sunday at 6 p.m. at the Luke Community Chapel.

Catholic worship

- Saturday Mass is at 5 p.m. at the Luke Community Chapel.
- ◆Sunday Mass is at 9:30 a.m. and 12:30 p.m. at the Luke Community Chapel.
- Weekday Mass is at noon at the Luke Community Chapel.

Around Base

Luke AFA chapter meets

The Frank Luke Chapter of the Air Force Association meets at 11:30 a.m. today at the Desert Star Enlisted Club. For more information, call Harry Bailey at 846-7483.

Volunteer orientation

The Red Cross hosts a volunteer orientation class Thursday at 10 a.m. in Bldg. 1150, Room 1064. Volunteer positions are open at the base hospital, family support, the library, the vetinerary clinic and the Red Cross office. To register, call 856-7823.

VolunTeen seeks youths

The American Red Cross VolunTeen Program hosts two orientations May 30 and June 6 from 9 a.m. to noon in Bldg. 1150, Room 1077.

The program is open to young people ages 13 to 19 to serve in various hospital clinics, the pool as junior lifeguards and other offices on base.

Parents are encouraged to attend the orientations. To register, call 856-7823.

Arizona MDA Summer Camp

Volunteers ages 16 and older are needed for the week-

long Arizona Muscular Dystrophy Association Summer Camp June 11 to 17 at Camp Shadow Pines in Herber, Ariz. The camp is open to children and young adults ages 6 to 21 diagnosed with a neuromuscular disease. To volunteer, call (480) 496-4530.

Ocean excursion

Outdoor recreation has a four-day Coronado Island Memorial Day weekend ocean excursion near San Diego. The trip leaves Luke May 26 at noon and returns May 29 at 8 p.m.

Cost is \$300 per person and includes transportation, hotel accommodations, half-day deep-sea fishing trip, tour of the USS Constellation aircraft carrier and a trolley tour through Old Town. Special payment plans are available. For reservations or more information, call 856-6267.

Embry-Riddle summer term begins

Embry-Riddle University begins its summer term May 30 at Luke. The term ends July 31. All classes begin at 5 p.m.

Register at Bldg. 1150, Room 3143, by June 2. For more information, call 935-4000 or 856-6471.

Van pool openings

Space is available for military or civilian employees in a van pool from the east valley to Luke. Call James Knuckles at 856-6378 for information.

Information, Tickets and Tours

Information, Tickets and Tours is in the community center. Dillards Box Office and Ticketmaster are open weekdays from 8 a.m. to 6 p.m.; Saturday from 10 a.m. to 2 p.m.; and closed Sunday. Call 856-600 for more details.

Tours

Mexico

A shopping trip to Nogales, Mexico, leaves Saturday at 6 a.m. and returns at about 7 p.m. The cost is \$15. Participants should carry picture identification. Food is available for purchase.

Laughlin

A trip to the Riverside Casino in Laughlin, Nev., leaves Sunday at 6 a.m. and returns at about 10 p.m. The cost of \$5 includes transportation, champagne brunch or dinner buffet and coupons for casino action and gift shops. Participants must be at least 21 years old. Space is limited; register early.

Grand Canyon

A one-day trip to the Grand Canyon East Rim is Sunday. The bus leaves at 5 a.m. and returns at about 9:30 p.m. The \$50 cost includes transportation, a narrated tour and IMAX Theater ticket. Food is available for purchase.

Tickets

Tickets for a variety of community events including Arizona Diamondbacks, concert and festival tickets are now available. Call for locations, times and events.

Leave donations needed

Annual leave donations from civilian employees for Elizabeth Wirt, 56th Range Management Office, are needed. Wirt requires 480 hours of annual leave due to complications while delivering her premature baby.

Under the Leave Transfer Program, civilian employees may request leave donations for medical hardship. Those interested, should call 856-7762 for an application or pick up one from the civilian personnel flight, Bldg. 1150, Room 1172.

Babysitter's course

The American Red Cross offers a babysitter's training course for 11 to 15 year olds at 9 a.m. June 3 in Bldg. 1150, Room 1077.

The course develops participants skills in five areas: leadership, safety and safe play, basic care, first aid and professionalism. Cost is \$30. Preregister by calling 856-7823.

'Eating on the Run' class

The health and wellness center conducts its "Eating on the Run" class from noon to 1 p.m. Thursday. Learn how to eat healthy in spite of a busy lifestyle. Call 856-3778 to register.

Family talent show

The community center hosts a free family talent show at 7 p.m. Wednesday in the base theater. Solo, duet, trio and group acts in addition to behind-thescenes volunteers are needed. For more details, call 856-7152

Rio Salado summer term

Rio Salado's summer term begins June 5. Placement testing for reading, math and English is at 9 a.m. Wednesday and 1 p.m. Thursday.

Call 856-3239 or stop by Bldg. 1150, Room 3138, to schedule the test.

Teen babysitting class

The Red Cross offers a teen babysitting class

June 3 from 9a.m. to 4 p.m. at the youth center. The \$15 cost includes a babysitting kit. Participants need to bring a sack lunch. The class is limited to 15 people. For more information, call 856-7470.

Teen Diamondbacks game

The Red Cross offers a trip for teens 13 to 18, to see the Diamondbacks play July 1. The group leaves the youth center at 11:30 a.m. and returns after the game. The cost is \$10. The trip is limited to 13 people. For more information, call 856-7470.

Fair trade day

Historic downtown Glendale celebrates Internation Fair Trade Day Saturday with food, beverages, special events and cultural programs. For more information, call the Glendale Tourism Division at 930-2957.

ESC membership drive

The enlisted spouses club conducts a general membership drive from 8 a.m. to 2 p.m. Saturday at the base exchange. Active-duty and retired military spouses are encouraged to participate. The general membership meeting is the third Monday of the month and the board meets the first Monday of the month. For more details about the ECS, call Linda Jenkins at 931-2315.

Auto service

The auto hobby shop offers flat-tire repair, rotation, wheel balancing, drum and rotor turn, oil changes, wheel alignments, air conditioning checks and window tinting to Defense Department civilian employees, Monday through Friday, by appointment only. For more information, call 856-6107.

Youth art classes

The skills development center offers summer art classes for children ages 8 and older. Students learn various forms of are including crafts, ceramics and fine arts. The class meets six times per session. The cost of \$7 per class or \$35 per session includes materials. For more information, call 856-6722.

Twenty-two graduate from airman leadership school

Twenty-two senior airmen graduated Tuesday from Luke Airman Leadership School Class 00-4.

Senior Airman Jeremy Tredway, 56th Mission Support Squadron, won the John L. Levitow Award. Senior Airman David Bruce, 308th Fighter Squadron, received the academic excellence and distinguished graduate awards. The other graduates are:

- •John Adams, 61st Fighter Squadron
- ◆Theresa Bellflower, 56th Aeromedical Squadron
- •Alexander Brown, 308th FS
- ◆Brian Card, 309th Fighter Squadron
- ◆Towanda Chandel, 56th Supply Squadron
- ◆John Colpoys, 62nd Fighter Squadron
- Sean Denny, 61st Fighter Squadron
- ◆Andie Dertod, 56th Equipment Maintenance Squadron
- ◆Jeffrey Greene, 56th Component Repair Squadron
- ◆Paul Engram, 63rd Fighter Squadron
- •Vernon Henshaw, 310th Fighter Squadron
- \bullet Karla Iglesias, 56th Dental Squadron
- ◆Tonnie Lapaz, 310th FS
- •Charles Laws, 309th FS
- ◆Jesse Marx, 63rd FS
- ◆Scott Pringle, 309th FS
- Frederick Puskar, 21st Fighter Squadron
- ◆Donald Sorenson, 56th Communications Squadron
- ◆Damian Washington, 56th EMS
- ◆Timothy Yock, 21st FS

Luke Movies

Movies begin at 7 p.m. Sunday, unless otherwise noted. Children 12 and under pay \$1; adults \$1.50.



Today

"The Skulls" (PG-13)
Stars Joshua Jackson and Paul
Walker. Unlike many of his New
Haven classmates, Luke McNamara
gained admission to Yale through hard
work and the crushing burden of
student loans.

McNamara knows it will take much more than good grades and being captain of the school's championship varsity crew team to get into a top law school. Luke's fortunes change when he is "tapped" for entry into the highly selective secret society, the Skulls.

Saturday

"High Fidelity" (R)

Stars John Cusack, Iben Hjejle, Lisa Bonet and Tim Robbins. Adapted from the popular Nick Hornby novel, this biting romantic comedy features Rob Gordon. Gorden is the owner of a semifailing record store in Chicago, where



he sells music the old-fashioned way — on vinyl.

He's a self-professed music junkie who spends his days at Championship Vinyl with his two employees, Dick and Barry.

Although they have an encyclopedic knowledge of pop music, it is of no help to Rob, whose needle skips the love groove when his long-time girlfriend, Laura, walks out on him. As he examines his failed attempts at romance and happiness, the process finds him being dragged, kicking and screaming, into adulthood.



Sunday

"Ready to Rumble" (PG-13) Stars David Arquette, John Goodman, Oliver Platt and Scott Caan. Wrestling champion Jimmy King is everything die-hard wrestling fans Gordie Boggs and Sean Dawkins would love to be. A dreamer, an athlete, a true champion — with his crown, cape and scepter, he is a giant in his profession. Other wrestlers can only tremble in fear of his deadly finishing move, "The Crown" — a two-handed flying slap.

Gordie and Sean live at home, have dead-end jobs and no girlfriends, but none of that matters on Friday night when they get to see their idol live and in person at WCW Monday Nitro.



May 26

"Where the Money Is" (PG-13) Stars Paul Newman, Linda Fiorentino and Dermot Mulroney. Henry Manning finds a new way to break out of prison. He fakes a stroke and gets transferred to a nursing home. It's a perfect plan, except for one thing: the woman assigned to take care of him at the nursing home, Carol Ann McKay.

When prison guards deliver Henry to the nursing home, Carol is immediately intrigued. After all, he was a famous bank robber

bank robber.

While Henry seems feeble and helpless, Carol suspects otherwise. She tries to prove he is playing possum, but Henry has long since learned not to let his guard down — especially when it comes to finding where the money is.

OWC scholarships

By Sarah Johnson-Robles and Marie Anderson

The Luke Officers Wives Club presented six scholarships Tuesday at its annual scholarship awards luncheon.

Thrift Shop proceeds are one of the major money-making venues, helping the OWC award one \$500 and four \$1,000 scholarships. USPA & IRA also contributes one \$1,000 scholarship.

Lisa Graham Keegan, Arizona Superintendent of Public Instruction, presented the scholarships. Recipients are:

Angelique Bruce: A senior at Peoria High School, she will study architecture at the University of Notre Dame in Southland, Ind.

Thomas Flynn: A senior at Sunrise Mountain High School, he will study agribusiness at Arizona State University in Mesa.

Kristen McWhorter: This Ironwood High School senior will study secondary education and mathematics at Grand Canyon University in Phoenix.

Jill Skinner: A senior at Agua Fria High School, she will attend Brigham Young University, Utah.

Jessica Smotherman: A Mountain Ridge High School senior, she will attend University of New York

Brandy McGraw: Currently attending the Arizona State University and majoring in elementary education.



Courtesy photo

Congrats ...

Braves teammember Steven Powers, age 10, accepts a trophy from his coach Roy Murray at the youth baseball closing ceremonies. This season 160 children played on 13 teams in the youth T-ball and baseball leagues. Each child received a trophy at the ceremonies. As is the case for all youth sports at Luke, there were no scores or standings kept during the season. Instead, coaches concentrated on teaching the players basic batting and fielding skills on top of teamwork and good sportsmanship.

Sports Shorts

Rugby

The coach of the Davis-Monthan Air Force Base rugby team is forming a combined Southwest Military Rugby Team to compete in the upcoming military nationals. For more information on joining, call Dick Battock at (520) 886-7003.

Horseback riding trip

Outdoor recreation sponsors an adult's only camping and horseback riding trip June 3 and 4 at Fort Huachuca and Tombstone, Ariz. Participants leave at 6 a.m. June 3

and return at 8 p.m. June 4. The cost of \$45 per person includes lunch, dinner, breakfast, camping equipment, transportation and horse rental. The trip is limited to 12 people. For more information, call 856-9334.

Youth basketball

The youth basketball opening day ceremony is June 17 at 9 a.m. at the youth center.

Operation Night Hoops

The youth center sponsors Operation Night Hoops, a free program for teens, beginning June 3. Basketball games are played Saturday evenings. The youth center also seeks adult volunteer coaches and assistant coaches. For more information, call 856-7470 or 856-6225.

Softball tournament

The 12th annual "Contracting Weekend Bash" military regional softball tournament is July 22 and 23 in Tucson. The top four teams receive prizes and each player on the championship team receives their choice of a new glove or bat.

There is a reduced fee for early entry. For more information or to sign up, call Greg Manning at (520) 228-4190.

Bike tour

There is a bike tour down Highway 89 into the Wupatki monument and Sunset Crater Saturday. Sunday the group tours Walnut Canyon. For more information, call (602) 943-6807.

There is a June 10 and 11 Grand Canyon road ride on the south rim of the Grand Canyon from Mather Campground to Desert View Saturday and to Hermits Rest Sunday. For more information, call (602) 264-9318.

Fun Run

All base members are invited to a 5K fun run or 1.5-mile walk today at 6:30 a.m. at the fitness center. The run is mandatory for military members.

Basketball tournament

There is a two-person basketball skills tournament Tuesday at the fitness center. For more information, call 856-6241

Marathon

Wright-Patterson sponsors 4th annual Air Force event

By Jo Anne Rumple Aeronautical Systems Center Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Wright-Patterson hosts the fourth U.S. Air Force Marathon Sept. 16.

Thousands of athletes are toning up for this annual event, which pits runners from all walks of life against one of the toughest and most scenic courses in the country.

More than 2,800 participated in the 1999 test of endurance, racing against military and civilian runners from all military services, every state and 10 other countries. Tony Meyers, a 35-year-old sergeant major in the Belgian air force, won the race.

Run on a U.S. Track and Field certified course, the Air Force Marathon takes participants past sites tied to historic military aviation feats — such as Huffman Prairie and the Wright Brothers Memorial — as well as static displays of various aircraft currently in the Air Force inventory.

As in the past, runners compete in several categories, including individual and wheelchair, marathon team and Ekiden-style relay team categories.

Runners receive Air Force medallions, T-shirts and patches. The entry fee for individual and wheelchair participants is \$35 if postmarked before July 1 or \$45 if postmarked between July 1 and Aug. 31. Marathon team fees are \$175 before July 1 or \$225 between July 1 and Aug. 31. Relay team fees are \$120 before July 1 or \$160 between July 1 and Aug. 31.

For more information or to register for the marathon, visit the marathon Web site or call the marathon office at (937)257-4350 or (800)467-1823.



Larry Davenpor

Some of the more than 2,800 runners entered in the 1999 Air Force Marathon run past a KC-10 Extender at the race's 10-mile point. Registration has opened for this year's marathon scheduled for Sept. 16.



Tech. Sgt. Brandt Smith

56th OSS Ken Witcher slams a powerful line drive May 11 during an intramural softball game.

OSS squashes 309th, 13-12

By Senior Airman J. Propst 56th Fighter Wing Public Affairs

The 56th Operations Support Squadron killed the 309th's Fighter Squadron's dreams of a comeback win May 11 during an intramural softball game in which OSS won, 16-15.

OSS pitcher Tony Piccoli started out strong, only allowing one run during the first inning while the team's batting lineup struck five home.

During the top of the second, the 309th's batting came back when pitcher Jim Morrison hit a line drive after two foul balls for two runs. OSS's batting slowed, but they managed to keep the lead, 6-5.

Somebody lit a fire under OSS's lineup during the bottom of the third as Ken Witcher hit a triple, putting two players across the plate for a total of five.

The 309th wanted a win and it showed. Morrison and the infield kept OSS at a stand still, while Don Waggoner hit a home run for three runs.

The scoreboard did not move during the fifth. At the top of the sixth, the 309th took the lead by one point. Unfortunately for them, they couldn't hold OSS, and they went into the seventh with OSS back in the lead 13-12.

Though the 309th gave OSS a run for their money again, scoring three more runs; OSS took the game.

"We didn't hit like we could have," said Michael Summit, 309th coach. "We let them get ahead of us."

Luke Falcons thrash Indians

By Jeff Dahkle

The Luke Falcons baseball team thrashed the Indians, a local city team, Sunday in its biggest margin of victory so far this season. The Falcons won 16-5.

Luke took advantage of mediocre pitching from their first at bat. Tom Flowers led off the game with a triple to the gap in right field and Ian Manson followed with a walk. Josh Santo hit a single up the middle scoring both runners.

The Falcons were never in any danger of a close game after that. Jason Cassidy pitched another great game for the Falcons only giving up five runs, three being earned. Cassidy improved his record to 4-0 and increased his strikeouts by 10.

The scoring continued throughout the game. Luke brought in runs in almost every inning and the biggest reason was strong hitting throughout the lineup.

Flowers added to his total base lead after hitting two triples and a double. Nico George, John Gonzalez and Shawn Stegall also contributed with solid hits.

Luke travels to San Diego this weekend to take on a long-time rival a Navy team. Their next local game is May 28 at the Peoria Sports Complex.